

### **ABSTRACT OF THE DISCLOSURE**

A board game designed to teach players how to control their behavior to achieve one or more goals. The game includes two play areas, each having a plurality of spaces, and a token for each player. The token moves from space to space in the first play area until the occurrence of a particular event. Some of the spaces in the play areas are associated with a first behavior category and some with a second behavior category, where the theme of the first behavior category is connecting behaviors and the theme of the second behavior category is disconnecting behaviors. Each token is more likely to land on spaces associated with the first behavior category and less likely to land on spaces corresponding to a second behavior category in the second play area than in the first play area.